








CROSSFIT MUDDLE

LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO
8.00-9.00 CROSSFIT			8.00-9.00 CROSSFIT		
9.15-10.15  VINYASA FLOW		9.15-10.15  VINYASA FLOW			9.00-10.00  VINYASA FLOW
					10.00-11.00 CROSSFIT
12.15-13.15 CROSSFIT	12.30-13.30 CROSSFIT	12.15-13.15 CROSSFIT	12.30-13.30 CROSSFIT	12.15-13.15 CROSSFIT	
13.15-14.15 CROSSFIT		13.15-14.15 CROSSFIT			
	16.00-17.00 CROSSFIT TEENS		16.00-17.00 CROSSFIT TEENS		
17.00-18.00 CROSSFIT	17.00-18.00  CROSSFIT KIDS		17.00-18.00  CROSSFIT KIDS	17.00-18.00 CROSSFIT	
18.00-19.00 CROSSFIT	18.00-19.00 CROSSFIT	18.00-19.00 CROSSFIT	18.00-19.00 CROSSFIT	18.00-19.00 CROSSFIT	
19.00-20.00 CROSSFIT	19.00-20.00 CROSSFIT	19.00-20.00 CROSSFIT	19.00-20.00 CROSSFIT	19.15-20.15  VINYASA FLOW	
20.00-21.00 CROSSFIT	20.15-21.15  VINYASA FLOW	20.00-21.00 CROSSFIT	20.00-21.00 CROSSFIT		

GLI ORARI POTRANNO SUBIRE VARIAZIONI DURANTE LA STAGIONE

